



Peak Profile

Kathryn Martin

Age: 52

Residence: Northport, New York

Latest feat: Third place, USA Masters 10K Championships, 36:55

The crows awaken and the seagulls squawk over Long Island Sound in Northport, New York. The town's name used to be Cow Harbor, and overseas ships often sailed in and out. These days, though, it is more common to see a willowy woman sashaying along the shore in the early morning light.



Victah/Photo Run

At age 52, Kathryn Martin, an NYRR and Northport Running Club member, has managed to become a veritable catamaran of Cow Harbor. The nation's top-ranked 50-54 distance runner, Martin has run 5:15.5 (indoors) and 5:22.7 (outdoors) for the mile since turning 50. Vibrant, outgoing, and passionately supportive of runners at all levels, Martin inspires rather than intimidates with her remarkable achievements.

New York Runner: Rising early must mean you have a "normal" job.

Kathryn Martin: I work in real estate, typically 60- to 70-hour weeks. Running comes as a welcome stress reliever.

NYR: Last year you were featured running in a shoe company television commercial. What was that like?

KM: It was an incredible experience, totally out of the blue. I was flattered and humbled.

NYR: You have impressive energy. How do you do it?

KM: My husband says I eat enough to make a truck driver blush. Oatmeal for breakfast, thanks to my Canadian roots. During the day lots of fruit and energy bars, usually in the car. And I do love Starbucks coffee!

NYR: Do you train alone?

KM: Yes. Nobody is willing to do the work.

NYR: Have you made any adjustments to your training as you age? Are you still able to train as hard as you'd like?

KM: I do not do any short stuff at the track; it's too stressful for these old bones. I do nothing shorter than 800 meters in speed sessions. I try to do hill repeats once a week.

NYR: What or who inspires you as a runner?

KM: I truly admire Bill Benson, who at age 80-plus possesses an incredible spirit and love of the sport. Ditto for John McManus and the incredible Sid Howard.

NYR: How do your non-running friends view you?

KM: I believe they feel I am much too thin and perhaps a little deranged. I think they shrug and think I am supposed to ease into middle age.

NYR: What do you think is your greatest running achievement?

KM: Definitely the Beach to Beacon 10K last August in Maine, where I ran a lifetime PR of 36:31 at age 51.

NYR: What direction do you hope to take in 2004?

KM: I would like the American age group record for both 10,000 meters and the steeplechase. And to improve all my PRs.

NYR: What have been your inspiring moments in road racing?

KM: I was once at the Mini and ran with Grete Waitz for the first quarter mile—and then came the Central Park hills! At the USATF Masters 10K Championships last fall I chased Eddy Hellebuyck, who ended up setting an American record. At the local Vytra Women's 5K, I got to warm up with Catherine Ndereba. That was inspiring.

NYR: Do you ever have time to sit back and just relax?

KM: I do like *King of Queens* and *Raymond* occasionally in the evenings, but more likely I am doing some sort of social event with the Long Island running club scene.

NYR: Do you have any unfulfilled goals?

KM: A goal of mine is in some small way to have an impact on the obesity that is plaguing our nation. ■